

# 50 Fitness Tips to do at Work

## Plan Ahead

- 1** Set a goal for the length of time you will exercise or the distance you will cover while exercising.
- 2** Don't forget to bring your walking shoes to work. Comfort is a must!
- 3** Schedule a convenient time for your workday workout and do it!
- 4** Make plans to meet a coworker for a walk break.
- 5** Write in your planner when you'll exercise.
- 6** "Warm up" for a few minutes before getting into a fast paced exercise.

## At Your Desk

- 12** Stretch throughout the day, it is a vital part of exercise.
- 13** Squeeze a tennis ball to help strengthen your hand and wrist.
- 14** Try doing bicep curls with a paperweight or tape dispenser.
- 15** Using a chair to brace yourself, do some calf raises to increase muscle strength.
- 16** How about using that speakerphone. Did you know that more calories are burned while standing?
- 17** Shoulder rolls: forward ten times, then repeat circling backward.
- 18** While sitting at your desk, rotate one foot to "write" each letter of the alphabet. Switch feet and repeat.
- 19** Wall sits: stand with back against wall. Slowly lower into a sitting position. Hold for 30 seconds. Repeat.
- 20** Get out of your chair and move around for a few minutes every hour.
- 21** Shoulder shrugs are a great way to loosen up tight muscles. Repeat 5-10 times.
- 22** Keep a water cup close by, but don't forget to get up and fill it up. Everyone should drink eight glasses of water each day.
- 23** Stretch your lower back. While seated, slowly bend forward at the waist. Reach forward with your hands until they touch the floor. Hold for 15 seconds before slowly coming up.
- 24** Move your feet and legs while you're sitting at your desk to burn calories and increase energy!

## Getting to Work

- 7** Ride your bicycle to work!
- 8** Get off the bus a few stops from your work and walk the rest of the way.
- 9** Park your car as far away as possible and allow extra time to walk to work.
- 10** Come to work 1/2 hour early or stay after to jog or walk.
- 11** Try taking the stairs instead of the elevator. At first you may want to ride the elevator halfway before starting your climb. Add more floors as you increase your energy.



## Take a Break

- 25** Spice up your breaks with a jaunt around the building.
- 26** Do you need to clear your head? Get up and take a five minute walk.
- 27** If you can't take a break to walk for 20 minutes, try taking two 10 minute breaks.
- 28** Leave a few minutes early for meetings to allow time to stretch your legs a bit.
- 29** Using the phone to talk to the person down the hall? Get up and get moving. The walk will do you good.



## Lunch

- 30** Top off your lunch hour with a 15-minute walk.
- 31** Going out to lunch? Why not choose a spot some distance away and walk.
- 32** Eat some carbohydrates, fruits, and vegetables for energy.

## Business Trips

- 33** Going on a business trip? Take advantage of fitness facilities at your hotel.
- 34** Walk instead of using the moving airport walkways.
- 35** Pack hand and ankle weights for strength training on trips.

## Staying Motivated

- 36** Try selecting indoor and outdoor activities to add some variety.
- 37** Grab a buddy, exercising is always more fun with a friend.
- 38** Join a local health club for workday workouts.
- 39** Keep track of your mileage. Choose a vacation spot and walk to it.
- 40** Have you met your goal? Don't forget to reward yourself.
- 41** Bring along a Walkman or MP3 to play your favorite tunes.
- 42** Habits are much easier to keep if you enjoy them.
- 43** If you aren't too excited about a vigorous workout, try a more leisurely approach. The important thing is to get up and get moving.
- 44** To prevent boredom: change activity or location of activity often.
- 45** Don't get down if you miss a chance to exercise, just do it the next time.
- 46** Keep a record of your daily workouts.
- 47** Get a coworker to join you for a walk.
- 48** Pick activities that you like to do!
- 49** Buy some new exercise shoes or clothes.



**Just Do It....**

**50**

Start out slow! Over time you can increase your duration and intensity. Check out new ideas on [www.hearhighway.org](http://www.hearhighway.org)

